

NC Family Caregiver Support Program Best Practices / Promising Practices

Name of project/activity: Consumer Directed Supports
Family Caregiver Program Service Category(ies): 830 Respite and 840 Supplemental Services

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Description: While conversing with support group participants in Carteret, Craven, and Pamlico counties, a very apparent need was demonstrated. This need is for consumer directed supports that best meet individual caregiver's needs. A few examples of these needs and how the needs were met follows:

- Consumer A is a 54 year old female providing care for her 73 year old husband with Alzheimer's disease. Her needs were for respite and an emergency response system. Respite had to be provided by a "Friend" not an outside stranger. The FCSP pays this "friend" to take this gentleman out, play chess, and other activities to give consumer A the break that she needs one afternoon per week. The emergency response system is to assist the caregiver due to a few semi-violent outbursts that have since been controlled by a medication change.
- Consumer B also has a "friend" paid for by the FCSP. Consumer B receives an afternoon once a month. She has been offered more time, but one afternoon affords her the break that she needs.
- Consumer C uses her respite to attend support group meetings.
- Consumer D has utilized respite to attend business related educational opportunities that are only offered on Saturdays.
- Consumer E uses weekend assisted living placement for her mother so that she can attend to her grandchildren while her daughter works mandatory weekends 4 times each year.

Expected Outcome(s): Outcomes far exceeded expectations. Consumer A received peace-of-mind, as well as offering the "Friend" the additional income that results in a better quality of life. Except for the paid placement into the assisted living facility, all paid providers are contracted at an established rate. Each caregiver is given an allocation for the year to "spend" as they need. Documentation is required with a signature as to proof of service delivery.

Target population: Family caregivers of ones with a diagnosis of dementia

Community Partners Involved: local assisted living facilities

Funding Sources and other support: FCSP and cost sharing, discounts from assisted living providers

Barriers and challenges and how they were addressed: None to date.